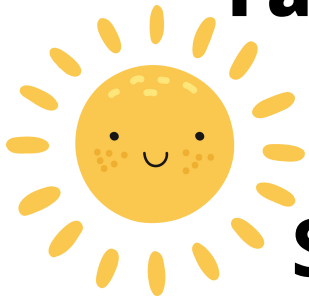
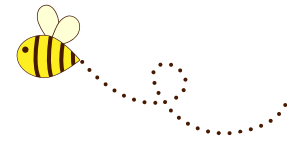


# Burnett County Family Resource Center, Inc.

24467 State Road 35/70, PO Box 139  
Siren, WI 54872 (715) 349-2922



[www.bcfrc.org](http://www.bcfrc.org)



## SPRING 2024 Newsletter

**Vision Statement:** We imagine a community in which child abuse and neglect is eliminated, our families are strong, and our community is safe for future generations.

**Mission Statement:** To serve all families by providing opportunities and activities that promote healthy families and safe communities.

**Spring Fun At a Glance! As the weather turns warmer, we will move outside. Stay tuned to our social media for location updates.**

- Play & Learn @ FRC Thursdays 10-11:30am.
- Family Game Night 4th Friday of each month at FRC 5-6:30pm.
- April 21st 3-5pm Parent Game Afternoon hosted by our Parent Advisory Committee \$5.00 fee. Registration details will be released on April 1st. Childcare and snacks provided.
- April 25th 5:00pm Lil Chefs.
- May 4th Fishing Opener Crooked Lake Park, Activities sponsored by Siren Chamber of Commerce 10am - 2pm. Visit our booth for a fun game. We will also have special guest Katie Tewalt teaching CPR skills.
- Watch for our Community Garden to start growing behind the FRC!
- June: Baby food making class, details to come.



Thank you to our wonderful volunteers!

DSI, Wood Creek 4H,

Nancy Brown, Debbie Reed, Debbie Schoepke, Deb Pechan, Nancy Dixon, Jack Zmuda & Gabriella Schiernbeck of Webster HS, Mary Doll, Peggy Korlath, Maureen Wilson



Use the camera on your phone to scan the QR Code to link to our website.

Celebrating  
16 Years!



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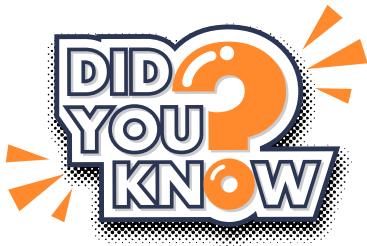
What is Healthy Families of Burnett County Home Visiting?

This program supports pregnant moms and new parents to promote infant/child health and development, and so much more!

Home visits always start like a visit with a friend who checks in on what's happened since the last time you were together.

Likely, Family Support Specialists will develop other activities based on topics parents have asked to learn more about, such as child development (When will my baby start to crawl?) or health and safety topics. Parents are able to make toys or other fun projects to use with their infant.

Family Support Specialists are always prepared to give families additional resources- if families feel it would be helpful- such as referrals to local service providers.



### IN 2023:

- We became accredited as an FRC of Quality
- We served 587 families
- 1,090 children were served
- 5,928 activity kits were distributed
- Diaper Pantry was utilized 185 times
- 44 Play & Learn Groups were held
- 412 home visits, workshops etc. completed
- We started a Community Vegetable Garden

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Do you know someone who is expecting, or recently delivered?

Receive a \$25 Gas Card for referring someone to our Healthy Families of Burnett County Home Visiting Program. Let them know we offer weekly or bi-weekly visits with our amazing and well trained Family Support Specialists.

Have them Give us a call!

715-349-2922

## DID YOU KNOW?

### April is Family Strengthening Month!

Here are some things you can do to help strengthen children and families:

- Spend quality time reading, playing or talking with a kid in your life.
- Giving a caregiver in your social circle a friendly ear or helping hand.
- Get to know the parents and families in your neighborhood.
- Donate new or gently used items for programs for children and families.

You can also learn the 5 strengths that keep families strong:

- **Helping kids understand feelings** *Showing your kids how to express and handle emotions.*
- **Parenting as children grow** *Learning skills to support your child's growth.*
- **Connecting with others** *Building a network of people who care about you and your family.*
- **Building inner strength** *Staying flexible and calm during times of stress.*
- **Knowing how to find help** *Seeking support and accepting help in times of need.*

To learn more visit [FiveforFamilies.org](http://FiveforFamilies.org)

Contact (715) 349-2922 [www.bcfrc.org](http://www.bcfrc.org)

# Programs

## Baby Go Round

Enjoy your pick of gently used clothing. Donate your gently used clothes back to the program or pay it forward to someone else (newborn to 4T).



## Resource & Referral

Are you looking for information on area resources? We might be able to help. Call the FRC or the United Way 211 for the information that you're looking for.



## Diaper Pantry

Our diaper pantry is available to anyone who is in need of diapers. The program is run on donations, so brand, sizes and quantities are limited. Please call ahead to schedule a time to pick up.

## Car Seat Safety

Learn about car seat safety and proper installation from our certified Passenger Safety Technician. If you are in need of a car seat, funds may be available to help. Income guidelines apply.

## Community Food Corner

Available in the main lobby of the FRC building. Funded through a partnership with the St Croix Valley Food Bank and available to anyone in Burnett County.



Wood Creek 4H Donates homemade Rice-A-Roni to the Food Corner

## Babies & Babble



6 weekly 1 hour sessions for new parents. Connect with other new parents as we learn together and talk about the joys and challenges of raising babies. Tuesdays 10:00am. Sign up today!





# Programs

## Parent Cafe's



Group discussion on the joys and challenges of family life. Explore the 5 Strengths that makes all families strong. Fun group! A meal and child care provided.

## ASQ's/Child Development

The FRC has received a grant to increase awareness of child development screenings. Watch for the FRC to hold screening events across the county over the next year. If you have any concerns about your child's development, give us or your medical provider a call.

## Baby Massage

Our certified educator in infant massage can meet with you to talk about the many benefits baby massage has to offer, while showing specific strokes to help with common issues such as colic and gas.



## Parent Support and Education



One on one assistance with parenting, budgeting, discipline or just conversation. Call to have a staff member schedule an appointment to discuss options that will work for you. Completely confidential. FRC staff are trained in various evidence-based curriculum including Growing Great Kids, Nurturing Parenting Program, The Protective Factors and Triple P Positive Parenting Solutions.

## VROOM APP



Have you heard of VROOM? If you have a child age 5 and under, download the free app today. The app is full of fantastic tips to nurture your child's growing mind.



## Mobile FRC

We know it's not always easy getting to the FRC. We've decided to go mobile! April 3rd, we're coming to a location near you. First stop will be in the Webster Library 10:30 - 12:30pm. April 10th, Grantsburg Library 1-3pm. We're bringing Baby Go Round, Diapers, ASQ's, an activity, snack and will read for story time!

Contact (715) 349-2922 [www.bcfrc.org](http://www.bcfrc.org)



# Family Fun!



## Game Night

Monthly game night, 4th Friday of each month 5:00-6:30pm. Check Facebook for locations. In warm weather we will be outside.



## Playgroup

Mondays 10:00am - 11:30am Crooked Lake Park Spring - Fall  
\*Returning in May.

## Play & Learn

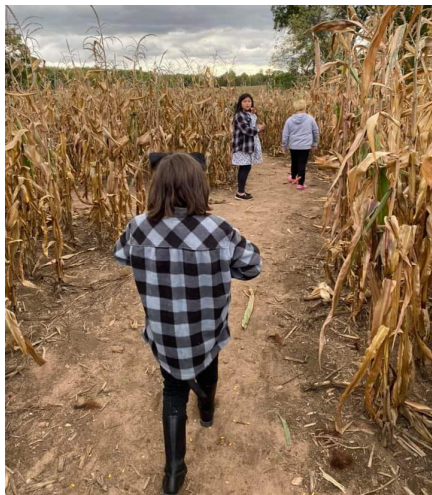
Every Thursday from 10:00am - 11:30am Winter location in the FRC Playroom. As the name suggests, learning and fun!





# Family Fun Events

Camping, fishing, kayaking, swimming, farm tours, nature walks, ice skating and much more. Something different every month. All activities are free!



## Activity Kits

Kits are available at various locations across our county; Grantsburg & Webster Libraries, Log Cabin Store Danbury, FRC lobby, St Croix Tribal Head Start & Mina Copeland Head Start.



# THANK YOU TO OUR 2024 ACTIVITY SPONSORS

ADVENTURES RESTAURANT (715) 349-8500  
ANDERSON & NORENBERG (715) 463-5365  
AVION ACCOUNTING (715) 349-8700  
BENSON ACE HARDWARE (715) 866-8666  
BURNETT DAIRY CO-OP (715) 689-2468  
BURNETT MEDICAL CENTER (715) 463-5353  
CHUCKS GARAGE (715) 349-5557  
DIVERSIFIED SERVICES INC. (715) 349-5724  
EARTH ENERGY SYSTEMS (715) 349-2314

EDWARD JONES (D EDABURN) (715) 349-5140  
LARSEN AUTO CENTER (715) 327-4217  
LOG CABIN STORE (715) 656-3116  
MADSEN PEST MANAGEMENT (715) 791-4777  
MAURER POWER INC (715) 349-2832  
MCNALLY INDUSTRIES (715) 463-8300  
MONARCH PAVING CO (715) 268-2687  
STATE FARM C ARNOLD (715) 327-8076  
WAYNE'S FOODS PLUS (715) 866-8366  
YELLOW RIVER PHARMACY (715) 866-8644

# THANK YOU 2024 FUNDERS

BURNETT COUNTY HEALTH & HUMAN SERVICES

UNITED WAY ST CROIX VALLEY

WI FAMILY FOUNDATIONS HOME VISITING

SUPPORTING FAMILIES TOGETHER ASSOCIATION

WI DEPARTMENT OF HEALTH SERVICES

ST CROIX VALLEY FOUNDATION

NEXEN CORPORATION



CHILD ABUSE & NEGLECT  
Prevention Board



OTTO  
BREMER  
TRUST™



Are you interested in financially supporting the FRC in 2024? When you sponsor FRC programs, you help us keep FRC programming free to all. In return, your business website is linked from our website, your business name is posted on our Sponsor Wall of Fame and our sponsor list is sent out in hundreds of kits each month. For more information, contact an FRC staff member today.

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Contact (715) 349-2922 [www.bcfrc.org](http://www.bcfrc.org)



# HELPFUL LINKS

211 - Wisconsin call center for resources  
<https://fiveforfamilies.org/>  
<https://preventionboard.wi.gov>  
<https://supportingfamilies.together.org/>  
<https://www.211unitedway.org/>  
<https://access.wisconsin.gov/access/>  
<https://the-power-of-connection.org/>  
<https://bcfrc.org/>

**Northwest Connections  
Burnett County  
24 Hour Mental Health Crisis Line  
1-888-552-6642**



**VOLUNTEER BOARD MEMBERS WANTED!  
ARE YOU INTERESTED IN SERVICE?  
CONTACT US TODAY!**

**FRC BOARD OF DIRECTORS**

**TODD SNYDER PRESIDENT  
KATIE TEWALT VICE PRESIDENT  
TESSA ANDERSON TREASURER  
TANYA GALLOWAY DIRECTOR  
VICKIE BAUER DIRECTOR**

## Office Hours

**Monday through Thursday 8am - 4pm  
Friday by appointment  
Saturday and Sunday closed**

**We recommend calling ahead to make  
sure we are available to assist you.**

**(715) 349-2922**

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## Parent Advisory Committee



**Teresa Buchmann, Roger Buchmann,  
Caylin Muehlberg, Theresa Fish  
Andrea Nightengale**

.....

**FRC Staff at the Fulfilling the Promise  
Conference in March. We learned a lot,  
seriously.**



**Heidi Jones Executive Director  
Becca Dyson Family Support Specialist  
Wendy Larson Program Coordinator  
Dawn Taylor Healthy Families Program Manager  
Taylor Couture Parent Educator  
Dawn Lindberg Family Support Specialist (not  
pictured)**